



2026 MHSAA JH/MS Cross Country Zone 8 Regional
Wednesday, October 21st
2 pm

Hosted by: Munising Middle/High School

Nicole Lasak, Munising AD
nicole.lasak@mps-up.com
Office: 906-387-2103 x 2104
Cell: 906-202-0453

Katie Anderson, Athletic Secretary
katie.anderson@mps-up.com
Office: 906-387-2103 x 2105

Location: Pictured Rocks Golf Course, Munising

Course: All races will be 2 miles in length. A course map will be distributed on race day.

Officials: DeeJay Paquette & Vince Gross

Admission: The admission policy will be \$6.00 per person or \$10 per carload.

Regional Merchandise: Official MHSAA Regional Merchandise will be on sale at the event.

Schedule of Events (all times listed in est):

1:00 pm	Course Open for Preview
1:30 pm	Coaches Meeting outside Clubhouse

2:00 pm	Large Boys Race
2:30 pm	Small Boys Race
3:00 pm	Large Girls Race
3:30 pm	Small Girls Race
4:00 pm	Awards Presentation outside Clubhouse

Competing Schools:

Small Schools

Carney-Nadeau
Engadine MS
Ewen-Trout Creek
Forest Park
Republic-Michigamme
Stephenson
Superior Central

Large Schools

Aspen Ridge (Westwood)
Bothwell
Father Marquette
Gwinn
Ishpeming CL Phelps
Menominee ms
Munising
Negaunee
North Central Area
Sault Area

Registration and Entries:

- Races are open to MHSAA member junior high/middle schools sponsoring cross country and their participating students in grades 6, 7, or 8.
- All entries must be submitted via Athletic.net **no later than Monday, October 19th at 7 pm.**

- Teams are allowed unlimited entries. The top 10 entries per gender will be scored.
- Packet pickup will be at the golf course clubhouse.
- Change of entries can be made on race day during the coaches meeting.

Timing, Scoring and Results:

- Electronic timing will be used at the event and operated by Superior Timing.
- All runners scored all in one division.
- Race bibs are to be pinned on the runner's uniform in all four corners and clearly visible during the race. Bibs may not be altered.
- Live race results can be found on the Superior Timing website at www.superiortiming.com.
- The top 20 in each gender will receive medals, while the top team in by gender will receive an MHSAA trophy.

Appeals & Game Committee:

- Appeal forms will be available at the finish line upon request. Appeals may only be made regarding the misapplication of a rule. Judgements may not be appealed.
- The games committee will be established at the Coaches' Meeting on race day.

Athletic Trainer:

- A certified athletic trainer will be on site at the finish line.

Additional Meet Information:

- Restrooms and concessions will be available at the course.
- NO DOGS OR ANIMALS PERMITTED!